



Broadmead, Cockeysville, MD | Volume 39 | No. 10

June 2018

2018-19 budget eliminates operating deficit

By Jackie Mintz

In his annual presentation on the Broadmead budget, CFO John Palkovitz stressed that the overarching theme for budgeting is Broadmead's financial stability and sustainability. According to John, one of the most important accomplishments of this administration has been the gradual elimination of operating budget deficits. In 2014, the operating deficit was \$1.6 million.

For the coming year, sources of funds pro-rated on a daily basis exceed day-to-day operating expenses by \$1.4 million. This projection is possible in large part because of the substantial increase in occupancy—from 87.4 percent in 2014 to 94.8 percent this year. It also results from controlling expenses as revenue grows.

Funds come from three sources: residents' monthly fees and Medicare reimbursement, entry fees, and investment income. The uses of funds likewise fall into three categories: day-to-day cash operating expenses (including

(cont. page 2)

Photo credits: All photos are by Erroll Hay except for the following:

Angela Breakey, 5 (right), 15; Bill Breakey, 19 (right); Bob Heaton, 3, 5 (left), 6, 8; Phyllis Hoyer, 20; Michael Kelly, 18 (top left); Jackie Mintz, 19 (bottom left).

The masthead photo by Erroll Hay shows amaryllises at D-1.

Barn Sale nets \$26,233

Sales during Broadmead's 72nd Barn Sale grossed \$17,745, according to Barn Sale treasurer Park Espenschade. In addition, sales at the Old and New Store and of offsite furniture from December 2017 to the present sale, came to \$12,539, for a total of \$30,284.

Subtracting expenses of \$4,051 for moving and publicity yielded net pre-tax proceeds of \$26,233, all of which will help fund Resident Association activities.

(cont. page 9)

Donations to Employee Fund Exceed Goal

Associate Treasurer and EAF manager Jai Dixon reports that as of May 31, the close of the drive, residents gave a total of \$60,000 to the Employee Appreciation Fund, topping the goal of \$55,000. The funds are distributed to all hourly employees based on the number of hours they have worked in the preceding six months.

Inside:

Residents Association holds 38th Annual Meeting	3
Candidates Night	9
Caremerge program to permit better scheduling.....	13
Master Plan Updates	17

2018-19 budget eliminates operating deficit *(from page 1)*

salaries, wages, and benefits for staff, utility costs, and supplies and contractor costs); principal and interest on the debt service; and capital outlays for replacement of equipment and upgrading facilities.

In the total budget of \$21.8 million, operating revenue will increase by \$1 million. Of this, \$620,000 comes from a 3.5 percent increase in monthly fees. The remaining \$380,000 comes from additional fees for the new garden home extensions; the extra amount paid by the second occupant of a unit; and income from the Centers of Excellence (Health and Wellness, and Dementia Care).

The budget includes \$164,000 for adding three full-time equivalent employees (FTE) and their ancillary costs. Increases in salaries and benefits for current staff total \$536,000 and reflect Broadmead's move toward a \$15 minimum hourly wage by 2020. In response to a question about the increase in staff, CEO John Howl explained that even though there are now many more residents than in 2014, the number of FTE employees has dropped from 208.2 to 200.6.

Commenting on monthly fees, John Palkovitz said that between 2014 and 2017, Broadmead's increases averaged 2.5 percent compared to competitors' 2.8 to 3.3 percent.

In addition to the Operating Budget described above, Broadmead plans a \$10.3 million capital budget for 2018-19 covering the following expenditures: renovation and refurbishment of Independent Living units (\$3.65 million); construction of the new York Road entry (\$2.7 million); acquisition of properties across York Road (\$1.3 million); completion of the covered walkways and fire alarm system; improvements and upgrades in technology; and the cost of components of the Master Plan, plus replacing other property and equipment (\$2.5 million).

BRA Trips Committee

Safely Home Farm

Thoroughbred Breeding

Wednesday, June 20

Bus departs: 9:30 a.m. Lower Level

Return by approx. 12:30 p.m.

Walters Art Museum

Newly restored

One West Mt. Vernon Place

Formerly Hackerman House

Thursday, July 19

(Time TBA)

Please check the **Trips Bulletin Board** behind the reception desk for information and sign-up sheets.

Summer Exhibits

Lower Level Gallery

Shades of Gray

Images in Black and White

East Hall

June: Antique Quilts

July: Paint and Pastels Class

August: Joyce Lister Class

Display Case

June: A Day at the Beach

July/August: Ceramics Class

Atrium

Bird Nest Display



Annual BRA Meeting

By Susie Fetter

The auditorium was packed for the 38th Annual Meeting of the BRA, exceeding the required quorum of 75. Outgoing President Bob Daly expressed his thanks to the many individuals who supported him through the past year of several transitions. Ann Heaton served as acting president when Bob was coping with serious health problems. Dotty Schwartz stepped up to fill the vacancies left by the resignation of the two vice presidents. To reduce the burden on residents, the governance of many committees is moving to co-chairing and fewer meetings.

Erroll Hay, Treasurer, reported that the financial condition of the BRA has never been stronger, thanks in part to the success of the Barn Sale, in which so many residents are involved.

The slate of officers for the BRA was accepted. Chairman Frank Iber noted that four of the nominees are first-year residents.

Remarks were made by the Chair of the Broadmead Board of Trustees, Rob White and CEO John Howl. Both praised the spirit and dedication of the residents in creating a vibrant community.

Ann Heaton, incoming BRA President, concluded the meeting by talking about the strength of our community in caring for one another and being respectful of the choices of individuals. "We are truly dynamic, but are in danger of losing some of the bonding of our community," she said. With the changes ahead we need to trust the administration, staff, trustees and one another. Ann urged residents to be kind and tolerant even as we complain about the inconveniences during this time of changes.

The meeting was adjourned at 7:46 p.m., with many expressing appreciation for its efficiency and directness.



Genesis director speaks at The Exchange

By Bob Heaton

Speaking at the May session of The Exchange, Maureen Horman, Director of Genesis Rehabilitation Therapies at Broadmead, told the audience that the highest possible degree of well-being of residents is the goal of her operation.



Before Genesis assumed therapy responsibility at Broadmead in 2014, only three practitioners served the resident population. Today, there are eight full-time and three part-time therapists.

Genesis provides three types of therapy. Physical therapy deals with walking, balance, and pain management in the lower extremities. Occupational therapy addresses daily living activities, such as eating, dressing, and writing, and pain management in the upper body. Speech therapy, which is Maureen's specialty, covers language, cognition, and particularly swallowing. Pain management includes electrical stimulation and ultrasound. Her team evaluates patients for rehabilitation following referral by a physician.

Hailing from Saratoga, NY, Maureen studied at the College of St. Rose in Albany and moved to Baltimore for graduate school in September 2011. She met her future husband in 2006, and they married in 2009, a year after she joined Genesis. Their first son arrived in 2012 and the second in 2014; their third is due in October.

BRA Executive Committee for 2018-2019.

Front row, from left: **Jai Dixon**, Treasurer; **Dotty Schwartz**, First Vice President; **Ann Heaton**, President; **David Harley**, Second Vice President; **Amy Redmon-Norwood**, Secretary. Back row, from left: **Vernon Wright**, Chair, Finance Committee; **Bob Daly**, BRA representative to the Trustees; **Del Boughter**, Activities Coordinator; **Mary-Carroll Potter**, Associate Secretary.

Audiologist presents information on hearing aids

By Mary Ellen McMillin

During the HearHere program in May, a large Broadmead audience heard information and advice from a local audiologist on hearing aid technology and devices. Cynthia Fannon, Au.D., said that appropriate treatment differs widely among hearing loss patients. People with at-home lifestyles may get by with amplified telephones, alarm systems, TV headsets, or body-worn or hand-held amplifiers such as PockeTalker.

If wider communication is needed, patients should consider hearing aids customized to their type and degree of hearing loss. Costs will depend on the technology, the quality of the components, and the device warranty, as well as on included services such as testing, fitting, and follow-up customization of settings.

All of these factors vary among possible sources, and shopping for the best deal is complicated, said Fannon.

She advised residents to question audiologists about warranties, approval/return periods, the number of follow-up consultations included, and the total cost.

Residents should make sure that any device they purchase is compatible with the hearing loop system in the Broadmead auditorium. Sharing experiences with fellow residents may help simplify the shopping process.

HearHere gatherings will continue through the summer with informal discussion groups that will be announced in the Yellow Sheets.

Broadmead Playreaders

The Happy Journey to Trenton and Camden

by Thornton Wilder
Wednesday, July 11
7 p.m. Auditorium

MaCCRA chapter hears about the legislative session

By Elsa Collins

At the recent annual meeting of Broadmead's MaCCRA chapter, guest speakers addressed current issues relevant to CCRCs that were recently discussed during the 2018 Maryland legislative session.

Barbara Brocato, MaCCRA's legislative liaison, began by mentioning the successful approval in 2017 of the new entrance and traffic light for Broadmead. Other matters that arose included requiring CCRCs to have actuarial reports for Type C contracts as well for A and B contracts; imposing a 30-day time limit on deposit returns; and allowing legal representation for residents in arbitration sessions. None of these topics led to any legislative proposals, but Brocato noted that bipartisan efforts during the last 27 years have established a solid body of laws for the protection of CCRC residents.



The second speaker, Christopher West, current member of the House of Delegates and candidate for the State Senate, reviewed his positions over the past four years. He offered opinions on the purpose of the Baltimore County Agricultural Resource Center; needed maintenance at Dulaney High School; cost issues related to Maryland health care; off-track betting for Timonium Fairgrounds; the Death with Dignity task force, on which he serves; and medical marijuana.

Minutes from the last meeting and the treasurer's report were approved. Officers for the coming year are President, Denise Love; Vice President and Legislative Chair, Alma Smith; Secretary, Alice Giles; and Treasurer, Marj Espenschade.

Medical marijuana struggles for legitimacy

By Bob Heaton and Sue Baker

Use of medical marijuana at Broadmead will not happen soon, if ever, according to W. Anthony Riley, M.D., medical director at Gilchrist Hospice. Riley prescribes only medications with a proven record of effectiveness and dosage consistency, neither of which, he said, describes marijuana.

Speaking to a large audience in the auditorium, in the season's final Health Care Lecture, Riley recounted the checkered history of marijuana over the centuries, noting that prior to the 1920s its use was unrestricted in the United States. Since then, federal administrators have enforced proscriptions with varying levels of effort.



There are many strains of the plant and ways to process it, and for this reason it is difficult to manage the strength and consistency of doses. Research in the field is poor, and the data that exist are questionable.

Beginning in California, in 1996, medical use has become legal in 30 states. Maryland passed enabling legislation in 2014, but the first legal use did not occur until late 2017, mostly because of a myriad of regulations enforced by the Maryland Medical Cannabis Commission. At great expense, growers, processors, distributors, and prescribers must all be licensed. Many physicians are willing to declare patients eligible to use medical marijuana, but will not prescribe it for fear of losing hospital privileges. Riley concluded that there is a long way to go before any helpful system emerges.

BRA Concert Series Seth Kibel Jazz Trio

Sunday, June 24
3:30 p.m. Auditorium

Broadmead residents visit Sagamore Spirit Distillery

By Sally Bloomer

Kevin Plank, chairman of Under Armour and a North Baltimore County resident, founded Sagamore Spirit Distillery located in Port Covington. Here Maryland-style rye whiskey is distilled in huge copper casks. The unique feature of this rye is that it contains water from a springhouse built in 1909 at Sagamore Farm, on Belmont Road, just a few miles from Broadmead.



The group of Broadmead residents who took a trip to the distillery in April were given an explanation of the distillery process and an opportunity to sample the product.

There are three types of rye whiskey, made with rye, corn, or malted barley. The rye mash is fermented in 6,500-gallon tanks, which are two stories in height. The fermentation is monitored from three to five days, which varies depending on which of the three types of rye is being produced. Then the mash is run through copper pipes and vaporized. This liquid is called low wine and is 120-125 proof. The grain that falls to the bottom—silage—is given to pig farmers.

After more distilling in a second copper condenser, the rye is aged in oak barrels for six months. The white oak adds to the flavor of the rye. The aging process can continue for more than four years. The company also produces whiskey chocolates—truffles containing Sagamore Spirit rye whiskey.

Andy Switzer recounts his journey to Broadmead

By Bob Heaton

At the April edition of The Exchange, Andy Switzer, Director of the Center of Excellence in Health and Wellness, told an attentive audience how his education and career combined to put him on a fateful path to Broadmead.

Andy spent the previous 10 years at the Williamsburg Landing CCRC in Virginia, where he supervised 17 employees in running the Health Club and Spa. But his goal was to develop a holistic program to achieve wellness in all its aspects, and he found that opportunity at Broadmead.

Raised near Charlottesville, Andy majored in kinesiology and minored in nutrition and gerontology at James Madison University. His first job was at Virginia Mennonite Retirement Community, where he spent four years as wellness manager and met his future wife. They now live in southern Pennsylvania with sons aged 9, 6, and 3.

Andy noted the plethora of trips, lectures, special meals, meditation, tai chi, and other activities promoting holistic wellness. For individual fitness, every resident is offered an annual assessment, combined with an orientation on pool programs and exercise devices, all of which can run to 3 ½ hours per year per resident. To date, 150 residents have been through this process, and others are strongly encouraged to enroll.

Andy's latest assignment is as director of Broadmead Community Services, LLC, an entity completely separate from Broadmead, Inc. It will use a \$100,000 grant from the Department of Aging as seed money to operate a self-sustaining service program in one zone of the Maryland Community for Life program.

Spirits dampened at baseball outing

By Bob Heaton

Twenty residents plus Wellness Director Andy Switzer rode the Broadmead bus to Oriole Park on May 16 to attend a rare mid-week day game. A discouraging weather forecast produced several no-shows. Those who elected to brave the elements endured intermittent rain that never quite rose to the level of delaying the game.

More dismaying than the weather was the performance of Philadelphia Phillies pitcher Nick Pivetta, who logged seven strong innings featuring 11 strikeouts and just one walk. He gave up only two hits—a solo home run by Adam Jones and a double by Chris Davis. The Phillies fared better at the plate and went home with a 4-1 victory.

While awaiting the return of the bus for pickup, the rain-soaked Broadmead fans enjoyed some banter with post-game commentator Rick Dempsey, the former Oriole catcher who was the Most Valuable Player in the 1983 World Series triumph over the Phillies. Dempsey graciously congratulated the lone Phillies fan in the group, noting that the win did not make up for their 1983 loss.

These negatives aside, the fans declared the trip enjoyable. Another outing will occur next year, said Andy, who also reported that there will be a behind the scenes tour of Oriole Park on June 25.



The Multicultural Committee

Dr. Tim Baker, Professor, National Dong Hwa University, Taiwan

Islam's History

Thursday, July 26
3 p.m. Auditorium

Islam's Beliefs

Monday, July 30
3 p.m. Auditorium

Islam's Society

Monday, August 13
3 p.m. Auditorium

Creative Scene

By Jane Elkinton

In the delicious days of summer, many of us take our creativity outdoors into gardens and activities that flourish in the sunny days. But on those days that offer oppressive heat or inconvenient rain, make sure to set aside some time to enjoy the arts offered by Broadmead's exhibit spaces or join an art class. The beauty of antique quilts fills the East Hall in June, offering striking patterns and fascinating narratives. One stunning example is an 1894 quilt by Dave Harley's great-grandmother that includes ribbons from Civil War veterans' organizations.

The Paint and Pastels art group headed by Anne Daly meets each Friday through July for classes offered by Sally Thomas. The July exhibit in the East Hall will display work by Thomas and her students. Media to be shown are painting, cork printing, felt-tip pen, and pastel, and will include Sue Baker's watercolor of Isaac Rehert's farm.

Instructor Sally Thomas holds degrees from MICA and the Schuler School and has taught at Broadmead for 11 years. She hopes that viewers will sense the beauty of the creative spirit evident in the exhibit. The class has beginners who work alongside seasoned artists in a community of mutual support that is punctuated at regular intervals with laughter. Each participant chooses medium and subject and develops an individual style. Students can use personal supplies or those available in the studio.

In August, Joyce Lister and the students in her off-campus class will present their work in the East Hall.

The Ceramics class meets on Thursday afternoons year round and is taught by Peggy Fowler. Some of the work is made on a wheel and some is hand-built. Examples of the varied work by members of the group will be



Resident Nancy Allchin and Sally Thomas



Resident Diana Harley with antique quilt.

shown in the Display Case in July and August.

In June and July, the members of the Photography Club will share their attempts to honor the old masters of photography and create artistic images in *Shades of Gray*, a black and white exhibit in the Lower Gallery. Photography developed as an art form long before the invention of color photography. Notable photographers such as Ansel Adams, Alfred Stieglitz, Dorothea Lange, and Imogen Cunningham worked almost exclusively in black and white. Part of the genius of their photographs lay in the ability of the medium to capture shape, contrast, a vast range of tonality, and subtle atmosphere. In the later 20th century, work in color took over the mainstream of popular and art photography. Photographic artists have more recently become interested again in the visual power of monochrome photographs, particularly for portraiture and landscapes.

The Atrium provides seating for residents to enjoy the plantings outside the windows and a display of bird nests on loan from Mary and Howard Toy, who collected them over the years on their property in Westminster.

Current Events

Political Trends and Cross-Currents in Washington DC and Maryland

Barry Rascovar

Six weekly sessions beginning
Wednesday, August 8
3:30 p.m. Auditorium

Remembrance Gathering

By Elborg Forster

It seems that a new tradition to remember Broadmead residents and staff who passed away during a delineated period has been established. In May, a large crowd filled both wings of the auditorium to participate in honoring 30 residents who died between June 2017 and February 2018. No staff deaths occurred during that period. To aid in the recollection of those people, a long table in the hallway displayed photos and brief profiles of the departed.



Resident pianist Jackie Stokes played a piece by Debussy as a prelude, accompanied the singing of “Morning Has Broken,” and performed “Amazing Grace” at the conclusion of the ceremony.

Health Care Administrator Ann Patterson opened the event, which included contributions from staff. Social Work Director Teresa Geroulo read “When Great Trees Fall” by Maya Angelou; Lifestyle Coordinator John Moriarty offered reflections springing from a Walt Whitman poem; and Director of Food Service Bernard Queen spoke of how Broadmead’s staff attaches to, and later grieves for, the residents.

In the midst of these presentations, Andy Switzer, Director of the Center for Excellence in Health and Wellness, read the names of the 30 residents. At each mention, one or more people came forward to place a white rose in prepared vases (see photo). These blossoms were integrated into flower arrangements for the rest of the week, extending the memory of the ceremony.

Following the rose placements, there was a period of silent worship, and nine residents and one staff person offered personal recollections.

Hospice care at Broadmead

By Sue Baker

For a resident patient to enter hospice care at Broadmead, arrangements must be made by the patient (if capable) and his or her family or caregiver with the medical staff, and a physician must have certified that the patient’s remaining life expectancy is not more than six months.

In such cases, all concerned must understand that there will be no further treatment to prolong life. Nourishment and fluids, unless refused, will be provided. Additionally, any medications needed to relieve pain or lessen anxiety will be administered. The distinctive feature of hospice is that care is not on a curative track, but is designed solely to keep the patient as comfortable as possible.

Hospice is a Medicare benefit. Teresa Geroulo, Director of Social Work at Broadmead, says the hospice program provides and pays for a specially trained nurse, nurse assistant, and social worker. Also available are a chaplain, trained volunteers, and a music therapist. Caregivers and family have reported that they were pleased with how well hospice staff have worked with the regular staff in Hallowell.

Broadmead residents have participated in hospice in a variety of settings—as patients on Hallowell, in their own apartments, or on Taylor. Also, some have been patients at Gilchrist hospice centers or at hospitals.

Some patients are in hospice for only a few days; others for years. If they survive for six months they can leave the program or remain for a longer period if they continue to meet admission criteria. Families whose relatives have been in hospice have praised the supportive atmosphere and the caring attention their loved ones received.

Ceramics

Thursdays

1 - 3 p.m.

Lower Level Ceramics Studio

Barn Sale (from page 1)



Bargain hunters mesmerized by the display of ladies, jewelry and watched over by resident cashiers



Array of ladies hats for sale



Potential buyers for a wide range of kitchen gadgets and equipment



Resident Frank Iber selling a plant from his bountiful collection of house plants

Candidates Night a hit at Broadmead

By Ed Hirschmann

Sen. Wade Kach, Republican campaigner for County Council, drew probably the loudest round of cheers of the evening when he warned that, with all of the world's disasters, "don't ignore the disasters across the street," referring to the new construction up York Road.

Jim Brochin, a Democratic candidate for county executive, also said political officials must "say no to developers," to loud applause from the nearly 200 Broadmeadians who jammed into the auditorium on May 31. Another contender for county executive, John Olszewski, Jr., drew applause when he declared himself "a proud progressive."

Outside, a thunderstorm snarled and threatened. Inside, residents sat patiently as notable state and county politicians displayed their quadrennial pre-primary hopes and concerns. Such meetings have become a regular feature of Broadmead's chapter of the Maryland Continuing Care Residents Association. Denise Love effectively presided over an intricate committee-and-special-assignment structure.

Each candidate was allowed three minutes to speak, a limit enforced by the alert timekeeping team of Park and Marjorie Espenschade. After the formal program, candidates mingled with residents who pressed their views and queries on the office-seekers.

Robbie Leonard, attorney and self-described "homeboy," was the only Democratic candidate for the 42nd State Senate District seat to appear (with two Republicans, Chris West and Jimmy Mathis). There were seven candidates for the House of Delegates: Michele Guyton, Sachin Hebbar, and Daniel Nemec, Democrats, and Justin Kinsey, Nino Mangione, Tim Robinson, and Raymond Boccelli, Republicans. Candidates for Baltimore County Executive also included Vicki Almond and Kevin Francis Marron, Democrats, and Pat McDonough and Al Redmer, Jr., Republicans. Candidates for County Council who spoke, in addition to Mr. Kach, were Colleen Ebacher and Bronwyn Mitchell-Strong, Democrats, and Ed Hale, Jr., and Doug Zinn, Republicans.

Broadmead welcomes

John Michael Boardman | N-8 | March 2018
443-578-8353 | jmb@math.jhu.edu

Michael Boardman is a Johns Hopkins University professor emeritus in mathematics. His area of expertise is topology.

Michael was born in Manchester, England, grew up in Stockport, and attended Manchester Grammar School, founded in 1515. He served as an RAF radar technician from 1956 to 1958. He then attended Trinity College, Cambridge University, majoring in mathematics. He earned his B.A. in 1961 and his Ph.D. in 1965. He was awarded a scholarship for mathematical research by the English National Science Foundation.

Michael came to the University of Chicago as a visiting lecturer, and there he met and married Jacqueline Schultz.

After a brief time as assistant lecturer at the University of Warwick, in England, he returned to the United States as associate professor of mathematics at Haverford College and then moved to Johns Hopkins. He and his former wife lived in Baltimore and had two children—Andrew, now deceased, and Susan, who lives in New York. Michael became a naturalized American citizen in 1973.

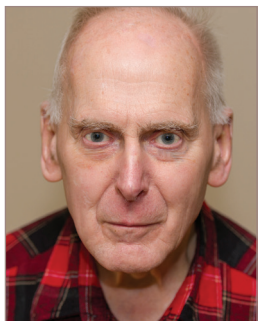
Michael taught at Hopkins for 41 years and has numerous publications in the field of topology, one of which is “ $K(n)$ -torsion Free H -Spaces and $P(n)$ -Cohomology.” He defines topology as “the study of geometric properties and spatial relations unaffected by the continuous change of shape or size of figures such as stretching, and bending.” His mathematical research in topology and homotopy invariant algebraic structures is recognized worldwide.

He is a member of Stony Run Friends Meeting and enjoys photography, hiking, and reading.

By Mary Ellen Saterlie

Bonita (Bonnie) L. Griffith | R-3 | April 2018
443-578-8405 | bonniegriffith2@gmail.com

For almost 40 years, Bonnie led the life of a



military wife, which meant moving frequently because of opportunities for her husband, Jack. The Griffiths lived in 14 places in 38 years, and their five children were born in five different places: Riverside, CA; Copenhagen; San Antonio, TX; Tacoma, WA; and Fairfield, CA.

Bonnie and Jack met on a blind date in 1949, in Overland Park, KS, where she was finishing high school, and he, a buck sergeant in the USAF, was in town on leave. They married three years later. By taking courses whenever and wherever she could, Bonnie was able to finish a bachelor's degree in 1990 at Southwestern Illinois College, in Belleville.

Bonnie raised five children, who had to change schools each time they moved. Attending different high schools was particularly difficult. Two of her sons spent their junior and senior years in two different schools.

They survived that experience successfully, she says, but added that others might not have been so successful given that experience.

Another demanding obligation came with being a military wife. In those days, military wives were expected to volunteer at numerous organizations and to entertain, especially as their husbands were promoted.

Bonnie is an accomplished seamstress and has fashioned numerous quilts. One of her least happy experiences in the military was when she was told that the belongings she was shipping to Hawaii exceeded the weight limit, requiring her to leave her sewing machine behind.



By Jackie Mintz

John E. (Jack) Griffith | R-3 | April 2018
443-578-8405 | mgjackgriffith@gmail.com

Jack Griffith's life has been defined by a 41-year career in the U.S. Air Force. Enlisting as a private in 1948, Jack graduated as a second lieutenant from Officer Candidate School and then progressed through the officer ranks to become a major general.

His specialty was primarily in transportation and logistics, and he worked in a variety of

areas, including traffic control, cargo and passenger movement, movement of munitions, and strategic mobility, and was director of transportation. He served in Vietnam in 1965-66 and had three tours in the Pentagon.

Jack's final assignment, 1987-1990, was as the first director of operations and logistics of the newly formed United States Transportation Command, at Scott AFB, IL, which was created to bring all military service movement under a single, unified command. There he was responsible for determining the mode of transportation of all worldwide military movement requirements and for ensuring that the needs of the combatant commanders were met.



In an earlier posting as commander of the Defense Fuel Supply Center, his command was responsible for buying, storing, moving, and distributing all the fuel for the entire military, worldwide.

When Jack retired in 1990, the Griffiths stayed in Belleville, IL, near Scott AFB, where they built a house. They lived there for 28 years until they moved to Broadmead, by far the longest period they had spent anywhere during their married life. The Griffiths have a daughter and four sons, eight grandchildren, and three great grandchildren. Son John Jr. lives in Baltimore.

By Jackie Mintz

Linda Koch | A-3 | March 2018
443-578-8389 | kochlbt@gmail.com

Linda Koch met her husband, Tom, when both of them—she in high school, he in college—were tour guides in Lancaster County, PA, where they explained the Amish way of life to tourists. Linda then became a registered nurse, having studied at a nursing school run by Franciscan nuns. As a nurse she gathered wide experience in many fields—orthopedics, medical-surgical, hospice—but was always drawn to bedside care.

Linda and Tom raised three daughters: Suzanna (now in Sunnyvale, CA), Jennifer (Boulder, CO), and Amanda (Chapel Hill, NC), and now have eight grandchildren, ranging in age from 19 to 1. In their child-

raising years they lived in Towson, where they became deeply involved in the social outreach programs of the Maryland Presbyterian Church in Towson, volunteering in soup kitchens and rehabilitation centers for drug addicts, prisons, and halfway houses.



During the war in El Salvador, the Catholic archdiocese of San Salvador called upon this church to “accompany” the people in San Salvador, that is, to find out what was happening there and also provide material aid. In response, Linda and some others visited their sister parish, located near a huge garbage dump.

In addition to this grim work, Linda pursued her education, taking, as she puts it, “28 years of courses from Spanish to mythology to philosophy of religion to....” She loves to participate in amateur theater and is an enthusiastic member of a book group.

By Elborg Forster

Thomas Koch | A-3 | March 2018
443-578-8389 | tom.koch@gmail.com

Tom Koch and his three older siblings were raised in bucolic Strasburg, PA. While in high school, Tom felt limited by this environment and wanted to be the first in his family to go to college. His mother helped counter his father's doubts, and Tom enrolled at nearby Lebanon Valley College in Annville. Menial jobs at school augmented the funds provided from



home. Tom continued his high school interest in chemistry and did well in Lebanon Valley's strong program, earning a B.S. in the subject.

Thus launched, Tom was admitted to the graduate chemistry program at University of Maryland, College Park. He also married his girlfriend, Linda Bard. Bolstered by her love and support, as well as by funds from Linda's

(cont. page 12)

Broadmead welcomes *(from page 11)*

work as a registered nurse, Tom earned his Ph.D. in four years.

Teaching jobs were in short supply, so Tom opted for a two-year training program in clinical chemistry at the University of Buffalo. Because that subject includes the analysis of blood, urine, and tissues, the explosion of health care programs put Tom's skills in great demand. He enjoyed a successful career working and teaching at St. Joseph's Medical Center in Towson (15 years); the University of Maryland Medical School (15 years); and several years at Union Memorial Hospital.

Tom and Linda raised their three daughters in Towson. They remain deeply involved in the social outreach programs of the Maryland Presbyterian Church.

By Elborg Forster

Karen Ester Bass Meadow | P-12 | March 2018
443-578-8317 | karen.meadow@verizon.net

Karen Meadow is a strong environmental preservationist as well as a professional fundraiser. She was born and raised in



Philadelphia and attended the Philadelphia High School for Girls. Soon after her high school graduation, she married Norman Meadow.

Karen attended the University of Pennsylvania for two years while she and Norman had two children, Max and Paul. A third son,

David, was born after they moved to Maryland. The boys all now live in California, but David is moving back to Baltimore with his two sons. The Meadows also have six grandchildren.

When the Meadows moved in 1969 to Mt. Washington, in Baltimore, Karen completed her studies at Johns Hopkins University, where she earned a B.A. in social and behavioral sciences.

Karen began a career as a fundraiser with the Girl Scouts of Central Maryland. She tells delightful stories surrounding the multimillion dollar enterprise of the sale of Girl Scout cookies. That experience led to her becoming a fundraising executive, working with a wide range of non-profit organizations. She retired in 2012.

Karen is an avid member of the Maryland Conservation Council, an environmental and advocacy preservation group, and is active with several boards associated with environmental protection issues.

She has had a continuing interest in ceramics and is looking forward to taking up work at the studio at Broadmead and learning to use the wheel.

By Mary Ellen Saterlie

Norman David Meadow | P-12 | March 2018
443-578-8317 | norman.meadow@verizon.net

As a child, Norman Meadow was fascinated by the world's biological diversity, and this has permeated his life's work as a biologist and conservation advocate.

Born and raised in Philadelphia, Norman received both his bachelor's degree and Ph.D. in biology from the University of Pennsylvania. He began his career in scientific research with a study on aging, using the short life span of the rotifer—a microscopic aquatic animal with tissues and organs.

Norman and his family moved to Mt.



Washington in Baltimore, where he worked for six years at the NIH Gerontology Research Center in what was then City Hospital and is now Bayview Medical Center. Then, joining the Johns Hopkins University Biology Department, he continued his research, this time with

enzymes, discovering how bacteria transport sugar across membranes.

Norman was promoted to principal research scientist at Hopkins and has published nearly 40 papers. During his 34 years there, he supervised undergraduates, his specialty being quantitative measurement in biological chemistry.

Norman retired in 2007 and has continued his environmental advocacy as an active board member of the Maryland Conservation Council. He also loves woodworking and hopes to do some of that at Broadmead.

Norman married Karen Bass in 1957. They have three sons and six grandchildren.

By Mary Ellen Saterlie

Warren Moos | N-7 | October 2017
443-386-6527 | hwm@jhu.edu

Warren Moos brings a legacy of outer space research to Broadmead. Because of his interest and experience in the construction of instrumentation, Warren was invited by NASA to join the team for the Voyager. Built to explore Jupiter and Saturn and launched in 1977, it is now exploring the outermost edge of the sun's domain.



Then, in the early 2000s, Warren joined the board of Associated Universities, Inc., which runs national observatories like Brookhaven. He was assigned to ALMA, an array of 66 movable radio

telescopes in the Atacama Desert in Chile. At an altitude of 16,500 feet, workers must wear oxygen masks, and the antennae must be taken down to 10,000 feet for servicing. Due to the location's extreme aridity, man-made objects will last for centuries there, Warren says.

Warren was born in Brooklyn and raised on Long Island. Undergraduate work at Brown was followed by a master's and doctorate in physics from the University of Michigan. He came to Johns Hopkins as an assistant professor and retired in 2008 as research professor of physics and astronomy.

When not in the lab or at a computer, Warren swam and biked. Warren's wife, Doris, who suffers from a vascular neurocognitive disorder, experienced a sharp decline when they moved to Broadmead and currently resides at Copper Ridge. They have three sons and a daughter, who live in Philadelphia, Providence, and Baltimore, and 10 grandchildren, ranging in age from 5 to 20 years.

By Jackie Mintz

**The next issue of
The Voice, the Fall issue,
will appear in September**

Caremerge activity calendar arriving soon

By Jackie Mintz

As previously announced, a new scheduling software program is poised to go into effect at Broadmead. This software, Caremerge, will be used to schedule all resident (and other) activities and will eventually replace the "Black Book." For the first time, a view of all Broadmead activities scheduled at any given time will be available to residents.

One significant change will be the way in which rooms are reserved. Instead of writing in the Black Book, residents will give the information to a staff person at the reception desk, who will enter it in the Caremerge calendar and confirm the availability of the room. Another advantage of the system is that it will be easy to schedule repeating events.

The program is scheduled to roll out on June 17, at which time residents will be able to view the entire calendar on their computers or tablets. They will also be able to filter their search so they can limit their view, for example, to just BRA activities, exercise classes, or concerts.

The website address will be **www.broadmead.org/connections**, which residents can bookmark or for which they can create an icon to put on a homepage.

The calendar can be accessed on any device with an internet connection: iPad, iPhone, Android phone or tablet, or a desktop or laptop computer. Residents needing help to set up their devices can contact Stacey Young (x8026) or Andy Switzer (x8032).

For residents who do not use the internet, the weekly Yellow Sheet will continue to be printed, as well as the Taylor and Hallowell monthly calendars. Printed monthly calendars will be available in a new Black Book, displaying activities for the current and following two months.

HearHere

Informal discussions of hearing issues

Wednesdays, 3:30 p.m.

June 27, July 25

Watch the Yellow Sheet for details

Surge in prison population needs attention

By Sidney M. Levy

In 1980, 700,000 people were in American prisons. Today, that number has ballooned to 2.2 million. In addition, 6 million people are on probation or parole. Most of these convictions are drug-related.

These statistics were presented by Robert J. Rhudy, speaking at an Open Forum lecture in May. Rhudy is a Baltimore attorney in elder law, family law, and mediation, and past Director of Mediation Court, Special Appeals. As a board member of the Maryland Alliance for Justice Reform (MAJR), he works to right wrongs in the criminal justice system.

In his talk, Rhudy said that Maryland jails house 23,000 convicted people, a figure he subsequently revised, in a phone call to *The Voice*, to 19,821 as of last October. He said the annual per capita cost of incarceration is \$38,000 and that more than a third of prisoners will, upon release, offend again and soon be back in jail.

Rhudy strongly believes that more funds should be directed toward training and rehabilitation. This would reduce recidivism and save money in the long run by helping people who have been convicted to attain a productive place in society, thus avoiding re-imprisonment and the attendant cost.

MAJR favors laws to reduce the economic discrimination in Maryland's criminal justice system, including onerous bail requirements, which keep indigent defendants in jail while they await trial. Rhudy noted that such legislation is strongly opposed by the bail bond industry.



Residents learn of Underground Railroad hero

By Gwen Marable

Residents recently visited the Harriet Tubman Underground Railroad State Park and Visitor Center on a trip sponsored by the Multicultural Committee. The site in Church Creek on the Eastern Shore is operated by the Maryland Park Service. Tubman, who was born enslaved in Dorchester County, Maryland, in 1822, escaped to Philadelphia in 1849. She returned 13 times to lead more than 70 enslaved people to freedom.

The 10,000 square foot visitor center has a theater and exhibits that tell the story of Tubman's life and work. Visitors are immersed in the secret paths of the Underground network and Tubman's daring rescue missions, her activity during the Civil War, and later her work as a suffragist, civil rights worker, and humanitarian.

Box lunches from Food Service were enjoyed in an outside pavilion near a meditation garden and nature trails. Summing up the day, residents commented that they learned a lot.

Corrections

After several issues with no errors, at least none brought to our attention, the Voice stumbled:

On page 13 of the May issue, in the article about Vice President for Advancement Jennifer Goforth, the Bruck Fund is erroneously described as earmarked for campus beautification. It is actually dedicated to activities to improve the quality of life for Hallowell residents.

An alert reader with a statistical bent noted that, on page 3, we mischaracterized the Marketing Department's remarkable end-of-March achievement. We said that Marketing had achieved 70 percent of what it hoped to reach by October. Actually, it achieved 70 percent of the total goal by reserving 36 of the 52 homes, or 100 percent of the October goal.

Let's Sing

Monday, June 18, July 16
7 p.m. Lounge

Conservation Tip: Composting at Broadmead

By Ruth Fleishman and Lolly Farrington

There is an informal composting activity at Broadmead, consisting of two bins adjacent to the garden plots off Copper Beech Lane, near the road to the front entrance of the Center. Although no residents have been designated to manage the composting, a number of residents regularly collect material and bring it to the bins.

Composting mimics and intensifies nature's recycling plan. It turns garden waste and biodegradable food into "garden gold." Tea and coffee grounds, banana and citrus peels, vegetables, and rinsed and crushed egg shells, all ideally cut to one inch in size, are among the many helpful items that can be used. Prohibited items are meat, dairy, fat or oil products, diseased plants or weeds that have seeded, and dog, cat, or human waste.

The Conservation Committee invites residents, if so inclined, to join in this aspect of nature's self-regenerating power, which works harmoniously with Broadmead's recycling efforts.

Proposed changes to the Broadmead campus under the Master Plan may affect the future of composting. Residents who are keenly interested in this project should inform the Conservation Committee so they can be involved in the decision-making process. For the time being, residents may continue to collect and deposit composting material in the existing bins.

Broadmead Chorus

Rehearsals
Fridays, 10:30 - 11:45 a.m.
Auditorium

Sew and So Wednesdays only

10 a.m. - noon Room S-215
443-578-8816
Freshly laundered items only!
Volunteers needed!

Residents hear of ways to combat depression

By Sue Baker

Depression, which is more common in later life, but not inevitable, is quite treatable said Susan Lehmann, M.D., at the April Broadmead Health Care Lecture.

Clinical director of geriatric psychiatry and neuropsychiatry at the Johns Hopkins Medical Institutions, Lehmann differentiated between sadness, which is a temporary mood state, such as grief after loss of a loved one (depression with a small d), and Depression (with a capital D), which is an illness.

Symptoms of depressive illness include



a lack of pleasure, hopelessness, social withdrawal, changes in appetite and sleep patterns, difficulty in concentrating and making decisions, and guilt and self-deprecation.

Severe cases may include paranoia or delusions, which greatly reduce functionality

and quality of life. Medications may help, along with psychotherapy such as cognitive behavioral therapy. Although seldom used, electroconvulsive or "shock" therapy may be the most effective treatment in severe cases. It can be applied as an inpatient or outpatient procedure, Lehmann said. She noted that any treatment requires an evaluation period of at least four to six weeks. Medications, seldom used in milder cases, must involve a therapeutic dose to be effective.

Patients can help their recovery by observing a structured lifestyle including getting exercise and regular sleep, seeing friends and family, and possibly participating in a support group. Also, patients must recognize that recovery, including resumption of former activities, takes time.

Know Your Neighbors

Wear Name Tags
First three days of the month

EOC initiatives: Internships and “stay interviews”

By Jackie Mintz

Under Broadmead’s newly re-energized Employer of Choice (EOC) program, initiatives are underway to re-establish and expand internship programs in Food Service and Health Care. Such programs are considered vital, not only for producing a current supply of employees, but also for developing an employee pool for the future. A critical shortage of skilled people is looming in both these areas, regionally and nationally.

The first program, spearheaded by Arbor Café Supervisor Jasmine Scott, seeks to place high school and college students interested in the culinary arts in one of the dining services areas, where they would receive school credit (and, in some cases, pay) for their work. Dining Room Manager Melinda Purkey will serve as liaison with the schools.



Jasmine Scott

The program to recruit interns for health services is being led by social worker TJ Krug, who plans to establish a pipeline to institutions that offer nursing certifications such as GNA, CMA, LPN, and RN. These interns would do clinical rotations here, under the supervision of the new Director of Nursing, Pushpa Nallabotula.

Another initiative of EOC is “stay interviews.” Turning the concept of exit interviews on its head, stay interviews seek to learn what benefits and drawbacks current employees see in their job, instead of learning why a person is leaving, when it is “too late.” According to Human Resources Vice President Kate Quesenberry, these responses will be a great help in shaping HR policies.

The interviews, which began in early May, are being conducted by an outside consultant because of the concern that employees would not be candid if the interview were conducted by a co-worker. In the first set of interviews, employees with 30+ years of service unanimously expressed great satisfaction and

pride in their careers. A strong relationship with residents was frequently cited.

There was some disaffection with how Broadmead has changed. Some felt that it is not as warm a place as in earlier years. They want the administration to be more attentive and empathetic. On the other hand, they appreciate that the administration is giving employees more responsibility and rewarding performance through award ceremonies and bonuses.



TJ Krug

The EOC is a national program designed to foster a culture of trust and engagement to build better employment practices. Broadmead’s goal, since 2016, has been to become certified under the program as a “Great Place to Work.”

New Arrivals

Libby Olton	D-11
Jackie Crowther	P-11
Dick and Betty Webster	R-16
Bart and Dori Houseman	R-12
Mary Jane Schroeder	J-1
Nancy Gilpin	L-8

Moving Around Broadmead

	<i>From</i>	<i>To</i>
Doris Eiring	J-16	T-325
Lois Sexton	Q-5	T-315

In Memoriam Eli Freedman

December 12, 1927 - May 15, 2018

"War on drugs" decried by Delegate Morhaim

By Sue Baker

Speaking from 35 years, experience as an emergency medicine physician, Delegate Dan Morhaim told an Open Forum audience that the war on drugs has been an epic policy failure. In Maryland, 85 to 90 percent of crime is drug-related, and an estimated \$800 million a year is spent on illegal drug buys. Expenses to the health and criminal justice systems, plus damage to people's lives, make the social costs much higher.



A member of the Maryland House of Delegates since 1994, Morhaim has pushed for effective measures such as supervised consumption facilities (SCFs), where addicts can inject their drugs without danger of death from overdosing and where there is a high rate of referral to treatment. Yet SCFs have failed to win legislative support, while costly, ineffective measures have prevailed, such as imprisonment.

In some cities a LEAD program (Law Enforcement Assisted Diversion) allows police to redirect persons involved in nonviolent, low-level drug-related crime to treatment services instead of arrest and prison. Morhaim emphasized that treatment dogma should be avoided, because people differ in the type of treatment most likely to be successful.

All modalities have a role to play; in-patient stays, faith-based programs, abstinence, programs emphasizing exercise, recovery centers, Al-Anon and other efforts can work. Connecting users with the programs that fit their unique circumstances is the first step to recovery.

In closing, Morhaim said that he favors of access to medical marijuana and emphasized that it is time to consider new approaches to the drug problem.

Town Hall meeting updates residents on Master Plan

By Bob Heaton

In late April, residents filled both wings of the auditorium for the most extensive presentation to date on the progress of the Master Plan. The presentation compared interior and exterior views of the campus to show how areas look now and how they are projected to look.

CEO John Howl opened the meeting by thanking the staff, trustees, and residents who serve on the Master Plan committees for their steady attendance and diligent work.

Mike Martin, Senior Partner in RLPS, the architectural firm overseeing the structural components of the Master Plan, explained that from the beginning, the guiding concept for campus changes and additions has been to blend in with existing features, not to copy or originate. He began the "before and after" visual tour with the two new Hillside Homes, "Upland" and "York." Artists' representations showed a covered walkway connecting those buildings to the Center and tying in with some unobtrusive new buildings behind Holly House.

The tour continued with views of changes in the Center's interior and exterior resulting from an expansion of managed care space and alterations to facilities for dining, wellness, services, and crafts.

Because the initial proposals for interior color schemes met with criticism, interior designer Amy Kleinfelter displayed revisions to paint, carpet, and trim combinations. To produce the new selections, she worked with five residents and COO Robin Somers.

In response to a resident's comment, Mike Martin emphasized that hearing and vision issues were fully considered in the planning.

Old and New Shop

Weekdays 10 - 2

Saturdays 11 - 1

Corner Cupboard

Weekdays except

Wednesday 10 - 4:30

Briefs

The Broadmead Journal of Poetry and Prose is now accepting submissions for the Fall, 2018 issue. Please email poems or prose articles to: broadmeadjournal@gmail.com. Also place a typed copy in the mailbox labeled "Writers Group."

Besides the concerts reported elsewhere in this issue, Broadmead residents were treated to several other musical events in May. The Music Committee presented pianist **Solomon Eichner**, who played pieces by Chopin, Brahms, Debussy, and Paderewski, despite the accompaniment of a heavy thunderstorm.

In late May, the **Apollos**, a chorus of 21 middle-schoolers from Friends School of Baltimore, entertained a sizable group of residents, including parents and grandparents of FSB students, and several alumni. The group performed an eclectic program directed by Cecile Audette.



At the end of the month, the **Broadmead resident chorus** gave its first performance. Kathy Metz is the chorus director, and resident **Jackie Stokes** (who performed "Amazing Grace") is the accompanist. The performers sang interesting arrangements from a wide range of sources including traditional and religious pieces, while the audience somewhat raggedly made its way through "Dona nobis pacem." Kathy was undeterred and invited all in the audience to consider joining the chorus.

Birders on the Broadmead campus

By Sally Bloomer

A key activity of the Bird and Nature Committee begins in mid-April and lasts until the end of May. Each Saturday, at 8 a.m., a group of birders, both novice and experienced, meet at Lake Maybe with their binoculars. This spring, Anne Allen Dandy and Dot Gustafson led the group, which numbered anywhere from 8 to 14 residents. Their biggest challenge is to spot a Baltimore oriole. This has happened in the past where a nest hangs from a sycamore tree across from the A-B-C parking lot.

Many residents attract birds by hanging suet cages in their yard. A bird bath also helps as do bird feeders, which usually remain empty in the warm months when birds are abundant and easy to spot.

Bird sightings by residents are posted on the bulletin board behind the reception desk. Birds spotted include indigo bunting, flicker, pileated woodpecker, and even a great blue heron.

Broadmead writers read their work

By Gwen Marable

The annual spring program of the Writers Group featured a variety of formats, including poetry, fiction, essays, and memoirs. Some works brought tears to the eyes, and some aroused laughter. The audience identified with getting rid of "stuff" and was educated about the "beer of Baltimore."

This writer first attended sessions while on still on the Broadmead waiting list. Listening to the members was an excellent introduction to my future community. The group was co-founded by Phyllis Tyler, the mother of Anne Tyler.

After the weekly meetings, members of the Writers Group often dine together to continue the interesting conversations sparked by the writing. The Writers Group meets on Fridays at 4 p.m. in the Fireplace Room and is open to all residents and associates.

Health Care updates

By Bob Heaton

Health Services Administrator Ann Patterson will conduct a tour of Hallowell and Taylor Halls on Thursday, June 28, at 1 p.m. She will be assisted by Meredith Hudkins, Director of Assisted Living; Teresa Geroulo, Director of Social Work; and social worker TJ Krug. Refreshments and a question and answer session will follow the tour. Those wishing to join the tour should sign up on the bulletin board behind the main reception desk, which is where the tour will originate.

Behavioral health support is now available in OPD on Tuesdays from Jessica N. Buttacavoli-Smith, Ph.D., clinical psychologist with MedOptions, Inc. She will be assisted every other week by gerontological nurse practitioner Adeola Olotu. These services, formerly available from Dr. Gary, will be individually billed.

New Director of Nursing Pushpa Nallabotula began her Broadmead tenure on April 30, and was introduced by Ann Patterson at the May Fireside Chat. Pushpa said she felt destined to be at Broadmead, where she hopes to have a long and fulfilling tenure.

LabCorp is no longer contracted to provide laboratory services for OPD. That function has been taken over by Diamond Medical Laboratories, a company that has been providing services to Taylor and Hallowell Halls for more than a month.

India's history and current challenges discussed

By Angela Breakey

Speaking at the Multicultural Committee's India Night, resident Ed Hirschmann reviewed India's history, concentrating on the end of the centuries-long British Raj, and the resistance movement leading to the transformation.

Gone was the colonial era portrayed by author Rudyard Kipling, thanks largely to the work of Mohandas Gandhi and others. Ed said that Gandhi was perceived in many ways—a saint, a political leader, and an activist who, in the end, misjudged his rivals. Muhammad Ali Jinnah was a westernized lawyer and dynamic leader of the Islamic community who strove to protect Muslims and guarantee their rights. His determination to avoid Hindu dominance led Lord Louis Mountbatten, the last British viceroy, to partition India and establish Pakistan as a Muslim state in 1947. Jinnah briefly led Pakistan before dying a year later,



Angela Breakey, Gwyn Sirota, Ed Hirschmann, Carolyn Russell.

and, in India, Jawaharlal Nehru took the helm. The hoped-for peace did not result, but rather only strife, which persists today.

Ed described the age-old caste system in Hindu culture that bound people to their class of birth. Yet in the face of that slowly changing institution, a film of modern Indian life showed today's rapid growth of telecommunications and the upward mobility of youth.

Following the presentations and continuing the theme, Bernard Queen and his chefs provided a series of authentic Indian dishes. The dining hall was graced by several residents dressed for the event in saris and other Indian garb.

Horse Race Photos

Kentucky Derby



Residents present ideas at InSight session

By Priscilla Barrett

Under the title of “Clear Views on Better Vision,” the May session of InSight had four residents as presenters. Carol Glowacki, Broadmead’s Apple expert, demonstrated how to dictate text into an iPad and how to have the iPad read text aloud, both very useful to low-vision residents.

Lily Kouo spoke of learning to continue a productive life after glaucoma left her sightless in adulthood. She said her spiritual strength supported her through this lengthy process, which included training at the Baltimore Industries for the Blind. Lily uses email technology that translates the written word into speech and vice versa.

Beth Zimmerman, who suffers from macular degeneration, uses a small magnifying camera that hangs above her screen, which enlarges and enhances imagery. This technique enables her to produce the artwork that often graces the East Hall. It also helps her apply makeup.

Finally, InSight leader Angela Breakey suggested places to find large print books and books on CD or tape. She also noted that CCTV vision enlargers are available at Broadmead on Taylor, in the Lounge library, and in the paperback library. Angela brought samples of “Noir” sunglasses to the meeting, which residents tested to see how various filters alleviated glare sensitivity.

Pet etiquette at Broadmead

By Susie Fetter

When pet-owning residents sign Broadmead contracts, they agree to follow specific guidelines regarding their pets, especially cleaning up after them. Recently, concerns have been expressed about the presence of animal droppings on the walking paths and lawns and at the dog park.

Residents are required to scoop up these droppings and dispose of them properly. Visitors,

Pippa the Russian Blue

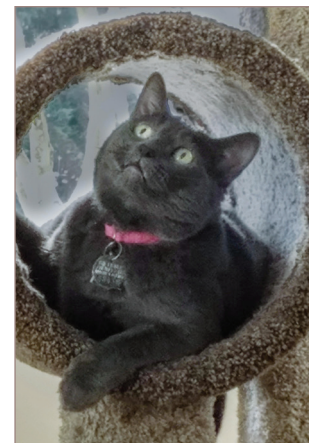
By Jackie Mintz

Adopted by Phyllis Hoyer in October 2015, Pippa was loath to give up her free-ranging habits and escaped through an “exit” in the screen door. Although she managed to evade detection that night, the cat had second thoughts and returned by the next morning, through the same self-created exit. Phyllis replaced the screen, a bit prematurely it turns out, because Pippa decided to join the great outdoors once again and made another exit.

Since those

episodes, Pippa has grown more accustomed to her life inside and, except for occasional forays out in harness, she

has adapted to her new life with considerable success. She is friendly to visitors and even tolerates Phyllis’s granddaughter scooping her up in both arms.



too, need to be aware of this responsibility and abide by the rules.

Pets provide pleasure to both the owners and to those without pets of their own. However, the carelessness of a few can cause anger or resentment, especially if shoes or the wheels of scooters or rollators are soiled by unnoticed droppings.

Residents are called on to be good environmental stewards. Runoff that includes fecal matter is a serious threat to area watercourses, all of which drain into Loch Raven Reservoir, the source of Broadmead’s water supply.

Trail Day 2018

By Sally Bloomer

Trail Day this year was held on May 25. As usual, the signup table at the trail head was full of giveaways such as bananas, bottled water, and nature bars. This year's souvenir was a handsome blue and white Broadmead cloth bag. Credit for these favors goes to Wellness Director Andy Switzer and Grounds Manager Linnette Kanitz, who helped lead the walks.

Mike Ryan of Ryan Tree Care led a group along the Dogwood Trail and then along Copper Beech Lane to the trail head. Identified trees included red oak, black oak, hickory, weeping cherry, red maple, and, outside of M-12, a Bradford pear.

The Nature Trail was carefully planned in 1983, supported by an anonymous gift and supplemented by smaller gifts from 60 residents. Many wildflowers are visible from the trail, including wild geranium, trillium, Solomon's seal, and may apple. Near the crest of the hill is the summer house, with comfortable benches, affording a bird's eye view of Broadmead life below.

Thanks to the assistance of resident volunteers and staff, a number of Hallowell and Taylor residents enjoyed traversing marked courses through the clusters. The signup board displayed outside the Arbor Café listed 67 participants.

Peabody trombonist plays wide range of music

By Sidney M. Levy

More than 50 residents attended the BRA Music Committee concert in April. The lead performer was trombonist Sarah Lewandowski, a graduate Performance student at Peabody. She also earned a master of music degree there in 2017.

Lewandowski has played the trombone since the fourth grade, in Buffalo, before earning her bachelor of music degree at SUNY Fredonia. She performed classical works by Chopin, Brahms, and Clara Schumann. She also played music by later composers—Joseph Jongen, Stjepan Šulek, and Nicola Ferro. Ferro wrote a four-part piece for trombone and piano beginning with “Daybreak.” Appropriately, the concert closed with part four of this work, “Sunset.”

Lewandowski was accompanied by pianist Jim Olin, who also plays trombone, and who has been with the Baltimore Symphony since 1976 and a Peabody faculty member since 1980. During the concert, he played Chopin's Nocturne in E Minor.

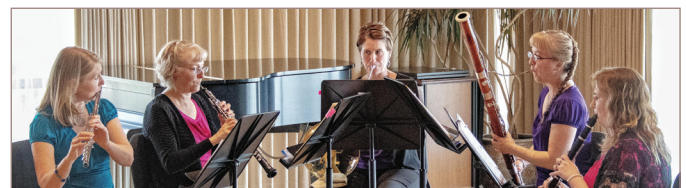
Know Your Neighbors

Wear Name Tags
First three days of the month

Quintaero woodwind concert presented by Music Committee

By Elsa Collins

“Entry of the Gladiators,” a lively, familiar processional by Julius Fucik, introduced Broadmead residents to Quintaero's performance at an April Music Committee concert. The program featured works for chamber ensembles drawn from three centuries. “Pastorale” suggested a connection with the lovely spring day and the celebration of Earth Day. The program also included two groups of dances, a lively Beethoven quintet, and the popular American traditional folk song “Shenandoah.”



The five musicians were Tracey A. Schutty, flute; Noelle Presby Lipa, clarinet; Heidi Tegeder Schultz, oboe; Keri Shea, bassoon; and Jennifer Roy, French horn.

The group performs throughout the Baltimore-D.C. area, and its concert “Music is Magic” has been featured on television. They have also performed in various European countries, Nova Scotia, and at Carnegie Hall. All five are faculty members at local colleges and are very involved in school music education programs.

Religion at Broadmead

Friends Meeting for Worship

Sundays, 11 a.m.

Stony Run Board Room

Interfaith Vespers

Third Sundays, 4:30 p.m.

Lounge

Bible Study

(sponsored by Govans

Presbyterian Church)

Tuesdays, 10 a.m.

Fireplace Room

Catholic Mass

(sponsored by St. Francis

Xavier Church)

Second Wednesdays, 10 a.m.

Stony Run Board Room

Episcopal Communion

(sponsored by Sherwood

Episcopal Church)

First Thursdays, 10:30 a.m.

Dining Room Flex Space

Conversations

in Morals and Ethics

(sponsored by Towson

Unitarian Universalist Church)

Second Thursdays, 10 a.m.

Fireplace Room

Shabbat Service

Third Fridays, 7 p.m.

Fireplace Room

Paint and Pastels

Thursdays

10 a.m. - noon

Lower Level Art Room

Broadmead's first nurse still on duty

By Penny Partlow

Slender and elegant, and clad in white from head to toe, Barbara Bieckert moves quietly and quickly through the Hallowell halls and cluster pathways as she has done since February 1980. Following her training at St. Joseph Hospital, she was working at Greater Baltimore Medical Center when her father, an electrician, told her about Broadmead, Maryland's first continuing care retirement community. Barbara was hired for the nursing staff, where she was the only Broadmead-employed nurse for her first five years.



Barbara's professional training instilled in her the exacting nursing skills and techniques she exhibits. Patients know that she administers the best medical practices with confidence and compassion. "I always want residents to know I am here and I am listening." Her calm voice and gentle manner convey to residents that they are in the competent hands of someone who cares—a major step on the road to recovery.

The evening ice cream truck, minus a bell, became a Hallowell tradition when Barbara realized that, for many patients, there was a long gap between dinner and bedtime and they needed a little something to tide them over. She persuaded Food Service to prepare cups of ice cream, which she wheels around on a cart. "I get to see every resident, and I love that."

In response to two questions—"Why have you stayed here for 38 years?" and "What is the most rewarding aspect of your job?"—the response was the same: "The residents and the staff. I love my job and I love the people."



All are encouraged to attend
July 2, 1:30 p.m. Auditorium

Voice of the Residents

Volume 39, No. 10 June 2018

*Published September through June by
the Broadmead Residents Association*

President: Bob Daly

Co-Editors.....Susie Fetter and Bob Fetter

Associate Editor for ContentBob Heaton

Associate Editor for Design.....Jackie Mintz

Copy Editor.....Del Sweeney

Business Manager.....Jai Dixon

Photography EditorAngela Breakey

PhotographerErroll Hay

Editorial Board:
Sue Baker, Sally Bloomer, Elsa Collins,
Jane Elkinton, Elborg Forster,
Ed Hirschmann, Sidney Levy,
Gwen Marable, Penny Partlow,
Mary Ellen Saterlie

Proofreaders/Fact Checkers:.....Sue Baker, Jean McGregor,
Jean Wilson

Circulation:.....Aggie Merrick

Computer Consultants:Terence Bragg, Victoria Bragg



Top right: A “yarn bombing” in Cluster K, knitted poles, courtesy resident Jane Elkinton.

Bottom: Monarch butterfly feasting on zinnias at D-3.

Editorial Policy

The Voice is produced by and for the Broadmead Residents Association. It seeks to announce and report on activities at Broadmead and to carry news, features and photos of interest to residents. As its major goal is to promote a sense of community, The Voice does not publish criticism of individuals or the three organizational bodies that constitute Broadmead nor complaints about Broadmead affairs as there are established procedures for the resolution of internal problems. The Voice does not publish matters of a religious or political nature, except in the context of

a lecture report with attribution to the author of the opinion, nor submissions from outside media due to space limitations and possible copyright problems. Decisions about content as well as writing and photography assignments are made at meetings of the Editorial Board, usually held the first Wednesday of each month. Advance publicity about events should be submitted by the 12th of the prior month, and those assigned to report on events should submit copy of no more than 400 words by the 12th of the prior month or as soon thereafter as the editors specifically allow. All copy is subject to editing and cutting, and should be sent to voiceBRA@gmail.com.